



**Blackheath  
& Bromley**

# The Courier

VOL 26 . No.9 June 2010. PRESIDENT 2010/11 Richard Coe. HON SEC:- Mrs Hanna Cordell  
ACTING EDITOR:- Wilf Orton Results , news & views of Blackheath & Bromley Harriers AC: 56  
Bourne Way, Hayes, Kent (Tel 020 8462 3115)  
Unless otherwise attributed, views are those of the Editor.

**Contents:** Page 1. Articles, news. 5. Results, Road. 7. Track & Field, 12. Triathlon

## From the Editor:

Here it is then even though I'm concentrating my efforts on the Gazette, the midsummer issue and the last one of which I am intending to formally produce as editor. Some months ago I mentioned it was my intention to carry on in the capacity of editor until now and then relinquish the post to my successor, once that person whoever that might be was trained up. However despite constant appeals and pleas for someone to come forward and the post having been advertised by Bromley Borough, no volunteer has emerged and so I have been faced for the past few months with the unprecedented task of editing both the club's magazines, a situation which should not be allowed to continue. I am therefore on the production of this edition formally standing down as editor and now hope that, with the post vacant, someone will realise the need for a new editor is urgent enough for either they or a friend or family member to come forward and essentially keep this production going.

I wish to thank amongst others David Cordell for his help in setting out the results and it is my hope that between us we can produce one more edition in late August whilst there is a lull in normal proceedings. I would also like to thank Nick Brooks, my 'boss' as Communications Chair for his efforts to stimulate some response to my appeals for a successor. There are others I would also express thanks but I shall wait to see if I can motivate myself to produce another Courier within the next two months, before doing so. If as has often been stated this is the Club's Official archive I hope there may be such a response as to allow the Courier to continue in one form or another.

## SOME COMING EVENTS.

July 18<sup>th</sup> England Senior Champs, Gateshead.  
July 21<sup>st</sup>. Parris handicap (race 4), Hayes  
July 24<sup>th</sup> BAL Cup (10 in 100) Semifinal , Eton.  
July 25<sup>th</sup> National Junior Athletic league, Norwich  
July 31<sup>st</sup> BAL, Norman Park.  
July 31<sup>st</sup>. Southern Men's League, Cambridge  
Aug 1<sup>st</sup> National YA League, Cophall  
Aug 7<sup>th</sup> England Combined Events Champs, Stoke  
Aug 7<sup>th</sup> Southern Womens League, Bedford  
Aug 8<sup>th</sup> Kent YA League, Sutton Vallance  
Aug 8<sup>th</sup> U17 Inter-County match Hemel Hempstead  
Aug 9<sup>th</sup> Club 5000m champs, Norman Park.  
Aug 13/14<sup>th</sup> Grand Prix, Crystal Palace.  
Aug 18<sup>th</sup> Parris Handicap, (race 5), Hayes 7.15pm  
Aug 18<sup>th</sup> Sydney Wooderson Memorial 800m, Eltham.  
Aug 21/22<sup>nd</sup> U15/U17 England U15/U17 Champs, Bedford.  
Aug 29<sup>th</sup> SEAA Intercounty match, Cophall.

## SOCIAL

(All events held at BHHQ unless otherwise stated)  
July 17<sup>th</sup> Summer Supper

## 200 CLUB

Organizer: Roger Counter

## NEXT COURIER:

Whenever from late August  
Any contributions and articles from members are always welcome

## *Profile on the President*

Current President Richard Coe may need no or little introduction to most people in the club but is in his own way a unique individual. I recently had the opportunity of interviewing him in my home patch of Upper Norwood and over the course two hours was able gain a useful insight into his mind and personality. This is a summary of that interview. Originally from Birmingham (but having a French Grandmother from Brittany) he spent much of his formative years in Sutton Coldfield where he attended the Arthur Terry Comprehensive School. Here he pursued a wide range of activities most particularly in drama productions, singing and of course sport ranging from cricket to athletics. His background was however very much steeped in business going back several generations. *'My Grandfather was a director of Joseph Lucas the big electrical company He was very keen that his grandson should go into business particularly accountancy'*. but Richard was to have other ideas. Having a mother who was a talented pianist and singer he inherited an artistic leaning and had a childhood ambition to become an actor. Then someone a teacher Pat Broderick who described him as a dilettante told him "If you want to be good at something you need to decide what it is that you want to be good at".

*For a while he considered becoming an actor and in 1968 he successfully auditioned for the National Youth Theatre where in 1969 he performed in London in productions of plays such as Fuzz and Zigger-Zagger, before touring with the NYT in festivals in Holland and Germany.*

But reflecting on this time and even he'd enjoyed it he admitted that he did not believe that he could pursue this ambition. *"I was either lucky or unlucky to be in the same cast as Alfred Molina .....and when I came into contact with people who had that degree of talent .... I didn't have the belief that I could do this."* Going back to the drawing board, he *"had the conflict between the acting and the accountancy and the teaching, so I put the acting to one side .....Although the likes of Alfred Molina didn't push himself forward, he was just good, I thought that the culture of 'look at me, look at me!'* was something which I didn't feel happy with.

Instead considering teaching as a career and despite the expectations of his Grandfather, he pursued this career by enrolling in a teacher training course in South East London, in English, Drama and PE as a subsidiary. In a teaching career spanning over 35 years he has worked in primary schools in South Norwood and West Wickham and emphasised how in those years *"there have been significant changes...league tables and SAT tests....the people in charge of policy are a bit joyless and have tried to squeeze the fun out of education...as with other professions there is a lot of superfluous paperwork"* However he also reflected that *"if you are prepared to put in the hard graft it's very rewarding...you get out of it what you put in..."*

Richard took up the job of Club President in March, succeeding Alison Brand. On the subject of this he described the process by which a president is chosen. *"It's the sort of*

*thing that I wouldn't immediately say yes to but Alison was very good .She gave a lot of her time to explaining what it would involve and answered at length all the questions I put to her on the subject"*. As to the qualities that make for a good president he added *"you need to be someone who's going to be involved in the day-to-day running of the club....you need to go and be involved in as many areas as possible, show your face and be there..."*

Richard's associations with Blackheath and Bromley go back to 1981 when in a sports-shop in Bromley he overheard a conversation between two club members and on introducing himself to them was encouraged to visit the Clubhouse *"I'd been toying with the idea of joining a running club and had heard of Blackheath Harriers but had been put off by the thought of traveling over to Blackheath. When I found out that the club was no more than two miles from where I lived I was down there the following week"*. He signed up and never regretted it. Naturally he immersed himself in the athletic activities and over the next two decades distinguished himself in a variety of events in cross country and track (with several 2nds and 3rds) and distinctions in field events such as the Javelin and Triple Jump. He recounted how at school he had been encouraged by a teacher to run and competed at cross-country for his local town team, but had not trained regularly for some years until he joined the club. I asked him what his most satisfying performances were for the club and he identified three key ones that stood out. These were running the last leg of the Kent Vets Road Relay at Rochester Aerodrome in December 1991 in an equal fastest time with John Wigley; winning the Newport City Centre Vets Mile in a new course record of 4' 27; and in 1995 setting a new course record of 15'41 in the Parris Memorial Handicap. It was with some pride that he emphasised how these were all achieved after he had attained veteran status.

There had of course been the odd marathon or two earlier in his running career, both in times which most runners would, if not give their right legs but perhaps their high teeth for, but after coming frustratingly close to the magic three hour mark in 1982, he returned the following year to register a time of 2 hours 38 minutes in kinder conditions *"I wanted to do the second one well...I didn't think I could commit to put in the time and effort every year to run to that standard, but I did commit the time to this one and it was a relief to cross the line having achieved a sub- three hour marathon"*. Having done it though he thought he would move on and do something else. For anyone who thinks that running a marathon is the only thing worth talking about, this was an example of how other less obvious events and disciplines could and should attract equal recognition.

Throughout the interview the President came across as a highly accomplished speaker thanks to his acting skills but a great listener as well, an ability no doubt honed from his years in teaching. Although anxious to keep the traditions of the club and conscious of the need to preserve its character he expressed his hopes for its future. *"If we can recruit new members in those parts of the club where we're falling a bit short in terms of numbers and quality, and obviously greater*

*financial security in terms of how we generate enough funds to ensure a prospering future”.*

His understanding of club commitment is certainly enlightened. *“I’m not saying that people dedicate their whole life...club commitment is an aspect of their life. But however much time they are prepared to commit to Blackheath show one hundred per cent commitment during that proportion of time that they are prepared to commit...don’t do it half-heartedly!”* as within the time that you’re prepared to commit you give one hundred per cent commitment the club can only be stronger. He was keen to emphasise that that people should not get trapped in having a narrow mindset but move out of the comfort zone and to try new experiences even if they

*The interview with the President is printed in full in the new edition of the Gazette.*

### ***London Marathon Supper April 28<sup>th</sup>.***

This event which for some years had been dropped from the Club social calendar, was revived about ten years ago and now is an established fixture in it, being the biggest Wednesday Nighter’s social gathering after the Christmas Supper.

Once again those runners giving their personal account of the day’s events provided an evening of interest and anecdotes. As always the moving spirit of the occasion was Mike Peel whose past marathon memorabilia decked the Club Common Room. Mike who after 30 London Marathons is one of a small handful of ever-presents took on the role of compere as he invited those runners who had participated on the previous Sunday to relate their stories to the 80 or so members and guests present that evening.

As everyone else tucked into their streak suppers the evening was kicked off by Club President Richard Coe who presented the awards for the top finishers. These included club marathon champion Alex Gibbins, Nick Kinsey and Richard Hall as well as the two ladies present Julie Reynolds and Kate Pratten. There were the usual speeches and votes of thanks before Mike invited those who ran on the day to recall their experiences of it.

Some of these were short and sweet, and reflected the unassuming modesty of the speaker. Natalie Brightwell, paid tribute to her parents whose encouragement kept her going to the finish despite seeming to *“hit the wall at ten miles”*. Chris Gentle, the club’s immediate neighbour, spoke with satisfaction of his own performance, being enough to qualify for an *“old bastards qualified entry place...”*, and John Fenwick thanked all those who had supported him in his low points on the Isle of Dogs, adding that he was pleased to have finished intact.

Others were slightly more animated, particularly those who had achieved encouraging breakthroughs. Such a person was Richard Hall who had successfully broken three hours but wryly observed that he’d lost 4 minutes in the second half of the race, leaving for him some room for improvement! He emphasised the great sense of community .. *“you’ve got*

*didn’t always work, in order to extend their horizons more fully. If you run on the road you should run an 800m or a 1500m track race even if you come last...pick up the discus, pick up the javelin, give it a go. You never know you might be good at it... who cares anyway!*

Finally he stated that we should *‘Remember we all do this because it’s something we all like and want to do, so let’s enjoy this great Blackheath and Bromley experience together’*. For someone who due to personal circumstances had been away from the club for some years he has re-immersed himself in its life and activities and like Pete Stenning, whom he described as his most memorable former President he stands out as someone whom you would want to do so much for.

*36,000 runners all striving to do their best, and thousands of supporters all striving to encourage them along”...and paid tribute to the volunteers. “If we could capture just one-tenth of that positivity” he said “then 2012 will be a truly great Olympics...”.*

Some delivered their speeches with a unique blend of wit and humour. Peter Rogers came up with the interesting statistic that Keith and Becky were amongst the most popular names of runners according to the website, and so maybe if Blackheath and Bromley should want to retain its distinction of being the best supported club in the entire event it should change its name accordingly. Julie Reynolds overcame the uncalled for remarks of other runners who thought that as ‘a runner belonging to a club from Blackheath’ it was no real effort for her to take part with the ripost *‘I thought that this was just a mob match against the Kenyans’*. Peter Tucker (he of first claim status for the Metropolitan Police) recounted that he had a rather eventful morning because after running out of petrol on the A20 on the way to the race *“a slight problem which the girlfriend wasn’t happy with...we got as far as Lewisham...parked in the ‘nick and got a police escort up to the start!”*.

That left the stage to the real storytellers, the ones whose marathon experience was laced with plenty of incident. Nick Kinsey who had only just returned from Majorca after having been stuck there with Icelandic volcanic dust, had arrived early in the morning on the day before the race. His number had been conveyed to him by Les Roberts and although his time was not his best it was enough to secure him second place in the Club Championship. Pete Lovell by contrast had every reason to be proud, having just made it in under five hours. His was a triumph of mind over matter as he found the inner resources to do that bit of running that got him inside that target and received the kisses and cheers of those around him who expressed relief and surprise that he was still alive. Superseding all and determined not to disappoint came Colin Illingworth who promised to keep his contribution short. Ten minutes later he was still very much in full flow (or aiming to

get to the point) as he recalled his son's own efforts in running the marathon despite having little training. This was then overshadowed by his own experience of searching frantically for aspirins amongst the first aid facilities on the course before collapsing at the finish and being revived by the ladies of the St John's Ambulance Brigade, all done in a rolling and animated style which no doubt drew the biggest laughs of the evening.

Other contributions came from Nick Barber who had run the marathon and Colin Poole who didn't but was as ever at the heart of the organisation at the Excel Centre and who described the London as the most dynamic marathon on the face of the earth. Nick Barber wanted to run the race by starting slow and getting slower. He took his queue from Mike Peel with whom he had trained before the race. As to the man himself Mike didn't make a speech although there was a special tribute to him from the club. His t-shirts and foil blankets were all ceremonially hung up above the tables, but

his medals though not initially to be seen around his neck were formally presented to him on a special bar, a long board on which they were all neatly pinned out in chronological order, complete with ribbons specially folded. This was then strung around that neck giving him the appearance of a sandwich board man doing impersonations of the Angel of the North but fortunately Mike didn't fly off.

Later on, when all those members of the club who had previously completed the marathon were assembled down by the bar Mike, slowly eliminated from their ranks those who had achieved more modest times. Finally a select few who had achieved a sub three hour marathon remained at that end of the Common Room to receive the special cheers of the assembled guests and among their number was Mike himself. He had that evening suggested that he might not want to run London again, but the rumor now circulating was that he could be persuaded to turn up again one more time.

*WHO*



**Mike Peel demonstrating his keyboard skills... 'I've tuned these medals to produce different notes on the scale...this one is D flat. When played in the right sequence you get the theme tune for the London Marathon.'**



**Runners at the start of the Ted Pepper 10km on early May Bank Holiday**

## The Courier June 2010. Results

### Road

#### Marathons

##### April 25th. 30th London Marathon

110 A.Gibbins (2:36'00)- 423. N.Kinsey (2:49'11)- 970.R.Hall (2:58'25)-.1090 D.Beadle (2:59'35)-.1208 K. May (3:01'42)-.2270 C.Gentle (3 :13'51)-.2611.M.Skelly (3:16'40)-.3048.G.Evans (3 :20'56)-.3462 Julie Reynolds (3:24'19)-.3686 J. McConville (3:25'50)-.4153 J. Beck (3:28'44)-. 4994 R. Griffin (3:33'47)-. 5079 J.Cunningham (3:34'16)-.5152 Kate Pratten (3:34'38)-.5778 Denise King (3:38'13)-.5989 Francis Thompson (3:39'21)-.6516 A.Stocks(3 :42'11)-.7352 P.Rogers(3:46'20)-.7873 D.Lewis(3:48'42)-.8313 Angela Cook (3:50'39)-.8416 Justine Eastbury (3:51'06)-9186 J. Fenwick (3:54'02).-12102 Amanda Taylor(4:04'44)-.14934 N. Barber (4:15'46).- 25695 P. Lovell (4:56'57)-.25550 Sarah Fletcher(4:57'18)- 26009 C. Illingworth (4:58'26)-.30572 M. Peel (5 :25'05).

May 8th Orpington Marathon.21.D.King(3:37'12)-23.R.Griffin(3:41'30)-33.P.Rogers (3:52'51)- 34.J.Turner (3:52'51)- 65.C.Poole (4:52'18)- 69. N. Webb (4:56'.0).

May 15th ING Half Marathon, Luxembourg. 294. M.Crisp (1:35'01)

#### Other distances

May 28<sup>th</sup> Brooks Serpentine Last Friday 5km. 26.D.Beadle (18'35)

June 6<sup>th</sup> Beckenham 10km. 8. A. Crowder (36'27)- 17. D. Beadle (39'04)- 20. L. Crowder (39'21)- 28. J. Beck (41'21)- 37. J. Reynolds (42'23)- 50. J. Eastbury (43'50)- 59. A. Stocks (44'29)- 80. W. Slack (46'28)

##### May 3rd. Ted Pepper 10k

3. I. Frith (34'44). 4. J.Darling (34'54)- 12.R.Yates (36'55)-14.T.Crowder (M40) (37'14)- 15.S.Cavey (37'38)- 18. S.Jackson (37'50)-20.C. Keen (M50) (38'34)-25.L.Crowder (M40) (39'16)- 29.J.Bradshaw (F35)(39'25)- 31.S.Pairman (M45) (39'45)-33.M.Ellison (M50)(40'23)-40. S.Dowling (F40) (41'17). 45. J. Reynolds (42'07). 47. F. Green (42'31). 48. A. Stocks (M35) (42'45). 49. D. Carton (M50) (42'50)- 57. L. Page (F35) (44'03)- 60. B. Wetherilt (M50) (44'22)- 62. J. Leeson (M50) (44'28)- 65. C. Jones-Baldock (F35) (45'03)- 66. J. Turner (M55) (45'06)- 70. J. Eastbury (F35) (45'20).-73 C Frith M50 (45'35)- 77. I Swatton M40 (46'17)- 80. D Sterlong M60 (46'39)- 82 J Fenwick M60 (46'40)- 86 W Slack M55 (47'11)- 89 A Cilia F50 (47'50)- 92 D Leal M50 (48'13)- 95 J. Smith M35 (48'32) -103.W Orton M50 (49'56)- 115 Mikusa F40 (52'35)- 127. M. Turner F55 (60'44)- 128 H Stephen F50 (61'13) Winner 1. C. Minns (Beckenham) (33'53).

May 9th Berlin 10km. G. Murray (1:09'12)

June 13th Eltham Park 5 miles. 1. I. Frith (28'23)- 23. S. Pairman (33'19)

June 13th Bluewater Sweatshop 10km. 35.G.Turner (36'28)- 40. C. Keen (37'00)- 63. D. Beadle (38'41)- 65. J. Bradshaw (7th Lady) (38'54)- 262. T. Simmons (45'41)

#### Parris Handicap series.

**Race 1 April 28th** 1.Tim Ayres (37'17/19'47){38 points}- 2. Peter Rogers (37'31/20'01){36}- 3. Luke Brett (37'47/24'47){34}- 4= Tess Banasiewicz (38'47/29'32) {32}- 4= Jenny Paxton (38'47/29'32){32}- = 6 Glen Turner (39'28/17'28) {31} 1st M- 7 Neil Roberts (39'38/23'08){30}- 8 Peter Horton (39'41/22'56){29}- 9 Carolyn Jones-Baldock (39'52/21'37){28} 2nd F- 10.Wilf Orton (39'54/24'24){27}-11 Barry Wetherilt (40'02/21'02) {26}-12 David Sterling (40'05/22'05){25} -13. Dave Leal (40'07/23'22) {24} -14 Dave Carton (40'07/20'22){23} -15 Cliff Keen (40'10/17'40) {22} 2nd M- 16 Steve Pairman (40'13/18'58) {21} 3rd M- 17 John E Turner (40'20/21'20) {20}-18 Anne Cilia (40'22/22'37){19}-19 Chris Pike (40'27/20'27) {18}- 20. Mark Ellison (40'31/19'16){17}- 21 Mark Compton (40'31/22'01) {16}- 20. Jane Bradshaw (40'42/18'57) {15} 1st F- 23 Iain Swatton (41'00/22'00){14}-24 Mick Jones (41'06/19'36){13}-25 Graham Coates (41'08/

19'53) {12}- 26 Paul Hills (41'12/22'42){11}- 27 Adrian Stocks (41'13/20'28){10}- 28 Tracey Ashenden (41'13/23'58){9}- 29 Andy Lawes (41'19/20'34){8}-30 Maz Turner (41'20/28'50) {7}-31 Dave Beadle (41'25/19'10){6}-32 Jessica Jones (41'34/22'04) {5}3rd F- 33 Andy Tucker (41'43/19'13) {4}-34 Melody Kane (42'05/22'20){3}- 35 Bernie Bater (42'18/22'33){2}-36 Neil Ives (42'59/26'29){1}

**Race 2 May 19th** 1 Justine Eastbury (37'33/21'03) {38} 2nd F- 2 Clare Parkin (38'32/20'02){36} 1st F- 3 Dave Leal (38'49/22'49){34}- 4 Martin Lundie (38'59/32'14){32}- 5 Colin McEntee (39'05/20'50){31}-6 Carolyn Jones-Baldock (39'14/21'29){30}-7 Catherine Brooks (39'18/23'48){29}-8 Luke Brett (39'24/23'39) {28}-9 John Turner (39'28/21'13){27}-10= Jenny Paxton (39'32/28'47){26}-10= Tess Banasiewicz (39'32/28'47) {26}- 12 Chris Pike (39'34/20'04) {24}-13 Graham Coates (39'34/19'19) {23}-14 Anne Cilia (39'34/22'19) {22}-15 Dave Carton (39'34/20'19) {21}-16 Glen Turner (39'39/16'54) {20} 1st M -17 Adrian Stocks (39'40/19'40){19}-18 Andy Lawes (39'42/19'42){18}-19 Dave Beadle (39'43/18'13){17} 3rd M- 20 Tim Ayres (39'49/18'49){16}- 21 Cliff Keen (39'51/17'51){15} 2nd M- 22 Peter Rogers (39'53/19'38) {14}- 23 Jessica Jones (39'58/21'28){13}3rd F- 24 Maz Turner (39'59/28'29) {12}-25 Mark Compton (40'01/22'01) {11}-26 Iain Swatton (40'18/21'48) {10} -27 David Sterling (40'27/22'12) {9} -28 Peter Horton (40'28/22'58) {8}-29 Mick Jones (40'33/19'33) {7}-30 Bernie Bater (40'42/21'42) {6} -31 John Robinson (40'44/25'14) {5} -32 Paul Hills (40'57/23'12){4}-33 Jo Smith (41'10/22'40) {3}-34 Andy Tucker (41'27/19'57){2}-35 Melody Kane DNF{1}

**Race 3 June 16th** 1 Steve Pairman (39'25/18'55){36}- 2 Anne Cilia (39'27/22'12) {34}- 3 John Turner (39'35/ 21'20){32}- 4 Maz Turner (39'37/28'07) {30}- 5 Melody Kane (39'40/20'55) {29} 3rd F -6 Bernie Bater (39'42/20'42) {28}-7 Iain Swatton (39'46/21'16){27}-8 Luke Brett (39'47/23'32) {26}- 9 Adrian Stocks (39'49/19'49) {25}-10 Graham Coates (39'52/19'22) {24}-11 Justine Eastbury (39'54/20'54){23} 2nd F- 12 Glen Turner (39'55/16'55){22} 1st M- 13 Cliff Keen (39'59/17'59) {21} 2nd M-14 Andy Lawes (40'04/20'04) {20}-15 Pete Rogers (40'04/20'04) {19}-16 Jessica Jones (40'07/21'37) {18}- 17 Dave Carton (40'08/20'53) {17}-18 Clare Parkin (40'09/19'54) {16} 1st F -19 Andy Riches (40'12/21'12) {15}- 20 Nigel Haffenden (40'16/20'16) {14}- 21 Kate Pratten (40'20/21'35) {13}-22 Peter Horton (40'20/23'05){12}- 23 Neil Roberts (40'22/23'07) {11}-24 Dave Beadle (40'22/18'52){10} 3rd M- 25 Mick Jones (40'37/19'37){9}- 26 Tim Ayres (40'43/19'43){8} -27 Neil Ives (40'49/25'34) {7}-28 John Robinson (40'49/25'49){6}-29 Jenny Paxton (40'56/28'26) {5}-30 Emma Graham (41'01/25'46) {4}-31 Andy Tucker (41'32/20'02){3}-32= Jo Hone (44'49/28'19){2}-32= Amanda Hone (44'49/28'19){2}

Leading positions in Handicap after 3 events.

1. L.Brett (92 points)- 2. J.Turner (79)- 3. G.Turner (73)- 4. P.Rogers (69)- 5. J.Paxton (63)- 6. T.Ayres (62)- 7. J.Eastbury (61).

## Walking events

**May 23rd. British Masters Track 10k Championships. Oxford** 4. S. Lightman (SyWC) (M65) (1:2'30.67)- 6. P.Hannell (Sy WC) (M65) (1 hr.3'16.40)

**May 8/9th. Surrey & Sussex Walking Championships** 3km 4.P. Hannell (Sy WC) (17' 32.7).

**May 8/9th. Middlesex Walking Championships** 3km 3. S.Lightman (Sy WC) 16' 28).

**May 11th. Veterans AC 5 Mile Summer Series. Battersea** 3. S. Lightman (Sy WC) (44'.03)- 7. P.Hannell (Sy WC) (49'24)- 14. D.Hoben (Sy WC)(58'19).

**May 22nd. Enfield One Hour Walks. Lee Valley** 22. D. Hobden (Sy WC) (8,403m).

**June 29th Tonbridge 3km** 6. M.Harran (Sy WC) (17'15)- 7. P.Hannell (Sy WC) (17'32.1)- 9. P.Crane (SyWC) (18' 20)- 14. D.Hoben (Sy WC) (20'14).

## **Track & Field**

### **April 4th. Kent Young Athletes League, Canterbury.**

*UI3 Boys.* 80m A.1.J.Dalson (10.4)-B.1 J.Eversley (11.9); 200m A.1.J.Dalson (28.0) -B.1.J.Eversley (31.3); 800m A.4.D.Eversley (2'51.6) ;1500m A.4.M.Bargeran(6'12.6); Ljump A.2.D.Eversley(3.81m)- B.1 J.Eversley (3.64m) ; Shot A.3.M.Bargeran (4.94m) ; 4x100m 1.J. Dalson, J.Eversley, D.Eversley,M.Bargeran(60.4).*UI5 Boys.* 200mA.5.J.Pairman (29.8) ;1500mA.3.W.Fuller(5'10.8) ;3000mA.2.J. Selway (12'12.9) ;80m Hurdles A. 4. T.Desborough (19.4) ; HjumpA.5.J.Pairman (1.35m) ;Ljump A.4.J.Pairman (4.04m) -B.J.Selway (3.56m) ; Shot A.1. D.Hollett (11.83m)-B.4.J.Selway (4.38m); Discus A.1.D.Hollett (29.70m).*UI3 Girls.* 75mA.2.J.Ray (10.9)-B.3.A.Andrews ;150mA.J.Ray(21.4) -B.3. A. Andrews(25.4);600mA.2.N.Hubbard(2'00.2),B.1.E.Ibidunni (2'02.5) ;1000m A.2.C.Rhule (3'23.4) ; B.2.S.Riskey (3'50.1) ;70m Hurdles A. 2.N. Hubbard (15.2)-B.1.S.Riskey(15.6). ;HjumpA.1.S.Jones(1.20m)-B.2.S.Riskey(1.05m) ;LjumpA.3.N.Hubbard(3.23m) - B.3.A.Duffass (3.16m);Shot A.3.B.Hollett (6.84m)- B.3.C.Rhule (4.32m);Discus A.3.B.Hollett (13.30m)-JavelinA. 4.C.Rhule(7.73m); 4x100m 3. (J.Ray, A.Duffass,C.Rhule,A.Andrews).*UI5 Girls* 100m A.1.D.Asher-Smith (12.6)- B.2 .V.Olatunji (13.8) ;200m A.1.D.Asher-Smith (25.2)- B.1.O.Ogbeta; 300m A.3.E.Waugh (47.9)-B. 3. S.Woolhouse (47.1) ;800m A.2. J.Galley (2'37.3)-B.2.A.Myers (2'48.9) ;1500m A.3. S. Leighton (5'39.2)-B.2.S.Woolhouse (6'14.4) ;75m Hurdles A.2.A.Hurlock (14.4)-B.1.A.Bryan-Isaacs (14.6) ;1200m Walk A.4.A.Wheelwright (8'35.7)-B.2.E.Waugh (8'50.3) ;HjumpA.1. S.Clarke (1.48m)- B.1.A.Wheelwright (1.40m) ;LjumpA.1.S.Cordell (4.41m)-B.1.A.Bryan-Isaacs (4.31m) ;ShotA.2.J.Falana(8.95m) - B.1.E.Lawrence (8.76m) ;DiscusA.2.E.Lawrence(22.62m,B.1.J.Falana(18.63m) ;JavelinA.3.AHurlock(19.62m)-B.1.E.Lawrence (19.58m); 4x100m 1st.place (V. Olantunji, O. Ogbeta, D. Asher-Smith, A. Hurlock)

### **May 1st. Southern Men's League, Battersea Park**

100m A.3.J.Olasan (11.4) - B.1.A.Jolaoso (11.4) ;200m A.3.R.Pocklington (22.6) - B. K. Daly (23.0) ; 400m A. 1. D. Putnam (50.0)- B. 3. S.Cavey (55.4). 800m A. P. Seseman (1'59.1)- B. 2. D. Ryan (2'02.7) ; 1500m A. 1. B. Harding (4 '07.7)- B. 1.D.McKinlay (4 '12.1) ; 5000m A.3.J.Thorpe (16 '11.0) - B. 2. J. Thorpe (16 '34.3) ; 110mH A.1.S.Lloyd (16.2) - B.2.M.Champion (21.7) ; 400mH A.1.S.Lloyd (60.7) - B.2.M.Champion (71.00); LjumpA.1.J.Olasan (7.02m) -B.1.M.Champion (5.28m) ; Hjump A.2.H.Rodgers (1.70m) - B. 4.M.Champion (1.00m) ;TjumpA.4.M.Champion(10.64m) -B.4.P.Seseman(8.92m) ;PVaultA.1.A.Williams(3.50m) - B.2.M.Champion (1.20m) ;Hammer A.1.R.Alamen (45.95) - B.4.M.Champion (6.12m) ; Shot A.2.E.Zorro (10.05m)-B.1.R.Alamen (9.91m);DiscusA.5.D.Ryan (17.29m)- B. 5.M.Hill (13.48m) ; Javelin A. 4.D.Mckinlay (19.62m) -B.3.M.Champion (18.83m) ; 4x100m Relay 2nd (45.3) ; 4x 400m Relay 2nd (3'37.8).

**May 1st. Stanford, USA.**10000m Michael Skinner (28:58.43).

**May 1st. Pullman, Washinton USA.** 200m 1. James Alaka *Washington* (20.87).

**May 8th. Spring Track Classic, Altamonte Springs, USA.**100m 2. Dwayne Grant (10.67). 200m 2. Dwayne Grant (21.43).

### **May 8/9th. Kent Championships. Ashford**

100m *Men* 3.D.Haque(10.97); 4.J.Alexander(11.11); 5.E.Harrison (11.16) ;1500m *Men* 4. A. Bruce-Littlewood (3 :59.89). 110m Hurdles 3. S.Lloyd (16.97). PV1.S.Huggins (4.90m). *U20 Men* 200m 1.D.Putnam (21.86)- 3. K. Daly (22.99)- 5.S.Sultan (23.69).*U20* 800m 3.S.Cavey (2'04.82). *UI7* 800m 4.R.Fakola (11.73). *UI7* 400m 2. J. Pettett (51.84).*UI5 Boys* Shot 2. D.Hollett (11.82m) ;Discus 3. N.Chowdhury (31.92m- 4. D. Hollett (31.48m).*Senior Women* 800m 1.E.Murtey (2 :11.64) ;Tjump1.H.Nouch (10.79);Hammer1.S. Brown (45.04m) ; Javelin 2.C.Lawrence (41.14m). *U20 Women* 100m 1.F.Foster (12.51); 400m1.F.Foster (56.09)-2.K.Cosby (57.32) ;1500m4.D.Critchley(5 :18.24).*UI7Women*100m 1.R.Dickens(12.39)-3.G.Middleton(12.67)- 4.A.Lalemi-Jacobs (12.70)- 6.C.Colgate (13.36) ;1500m 6.A.Reed (5'10.87) ;80m Hurdles 2. R. Jones (12.04)- 8.R.Giannini(15.00).Hjump1.C.Lyston(1.50m) ;Tjump1.L.Stevens(10.55m) ;Discus1.E.Duffy-Penny (30.18m)- 4.E.Dumper (25.50m).*UI5 Girls* 200m 1.D.Asher-Smith (25.00) ; 6. H. Fletcher (28.30). 1500m 7.S.Leighton

(5'24.50)-8.L.Sidey (5'29.33); 75m Hurdles 3.A.Hurlock(12.94); Ljump3.S.Cordell (4.37m)- 9.A.Hurlock (3.82m); Discus 2.Y.Sofolarin (30.14m); Hammer 3. S.Cordell (21.15m).

#### **May 22nd. Southern Women's League, Milton Keynes**

100mA.1.H.Biddess(13.63)-B.3.S.Rowbotham(15.70); 200mA.2.R.Syrocki(27.54)-B.1.H.Biddess(27.19); 400m A.1.R.Syrocki (58.84)-B. 2. M.Miller (64.75); 1500m A.3.J.Bradshaw (5'17.44); 3000m A.2.J. Bradshaw (10'58.51); Hjump A.4.L.Blackie(1.35m)-B.3.H. Nouch(1.35m); Ljump A.1.L.Blackie(5.43m)- B.1.H.Nouch (5.08m); TJump A.1.L.Blackie (11.67m)-B.1.H. Nouch(10.68m); Shot A.1.S.Brown (14.02m)- B.3.C.Wickham (7.99m); DiscusA.2.S.Brown(44.24m)-B.3.C.Wickham(21.38); HammerA.3.S.Brown(41.08m)-B.3.C.Wickham (24.63m); JavelinA.1.C.Lawrence(39.84m)B.2.C.Wickham(20.43m); 4x100m1.Blackheath&Bromley; 4x400m 1. Blackheath & Bromley.100m Helen Godsell (14.65).

#### **May 23rd. Southern Mens League, Premier Division. Walton**

*Men* 100m A. 6. K.Daly (11.40) - B. 1.A.Campbell (11.27); 200m A.7. K.Daly (23.10) - B. 6.J.Pettit (U17)(23.47); 400m A.3.A.Campbell (49.67)- B.5.B.Parkin (54.35); 800m A. 6. S.Cavey (2'04.22)- B.3. R.Yates (U17) (2'06.72); 1500m A.7. R.Yates (U17) (4'32.43)- B. 5. J.Halls (4'37.13); 3000m A. 6.T. Greenhill (U17) (10'27.15) - B. 3. S. Jackson (U17) (10'36.38); 400m Hurdles A. 3. B. Parkin (57.95) - B. 6. M. Longhurst (68.11); 2000m S/Chase A.7. S.Jackson (U17) (8'00.21) - B.5. T.Greenhill (U17) (8'24.63); Discus A. 5. S.Brown (31.73m) - B. 6. M.Longhurst (24.28m); Hammer A. 2. J.Haylock (52.97m); Hjump A. 3. H. Rogers (1.85m) - B. 4.M. Longhurst (1.60m); Javelin A.3. S.Brown (43.37m) - B. 3. J.Pettit (U17) (32.10m); Ljump A. 1. J. Olosah (7.35m) - B. 3. K. Bangato (5.98m); PV A. 3. S.Brown (4.10m)- B. 1. M. Longhurst (3.95m); Shot A. 5. E. Zorro (11.40m) - B. 2. S.Brown (10.94m); Tjump A.5. K.Bangato (13.45m) - B. 3. T. Powell (10.86m); 4x100m 3. A. Campbell, E. Zorro, K. Daly, A.Daley (U17) (43.52); 4x400m 5. A. Campbell, H. Smith, B. Parkin, R. Fakayo (3 '36.09).

*Women* 100m A.3.A.Lalemi-Jacobs (U17) (12.56) - B.4.G.Sheppard (12.88); 200m A.4.G.Middleton (U17) (26.9)- B.5.C.Colegate (U17) (27.62); 400m A.2. KGalley (57.90) - B.4.J.Moore (U17) (67.17); 800m A.5.A. De Matos (2'22.10) - B.4. J.Jones (U17) (2'24.68); 1500m A. 6.D.Critchley (5 :12.81) - B. 4. J.Jones (U17) (5'17.75); 3000m A.6. M.Fewster (11'54.90) - B.3.M.Kane (12'20.28); 100mH A. 3. N.Roberts (16.16) - B. 4. R. Smith (20.72); 400mH A.4.C.Crouser (67.87) - B.5.R.Robinson (U17) (70.83); 1500m S/Chase A.3.R. Smith (6'03.79); DiscusA. 1.S.Milner(40.83m) -B.1.E.Duffy-Penny(U17) (31.62m); Hammer A.6.S.Milner (28.08m) - B.3. G.Cousins (U17) (24.85m); Hjump A. 4.C.Lyston (U17) (1.50m) - B.4.C.Crouser (1.40m); Javelin A.5.E.Edwards (U17) (27.51m) - B.3. E.Duffy-Penny (U17) (25.38m); Ljump A.1.L.Stevens (U17) (5.26m) - B. 1.J.Moore (U17) (4.78m); PVault A.2.C.Moore (3.20m); Shot A. 2. S.Milner (10.12m)- B.1.E. Duffy-Penny (U17) (9.24m); Tjump A. 4. L.Stevens (U17) (10.73m) - B.2.J.Moore (U17) (9.51m); 4x100m {1.G.Middleton (U17), A.Lalemi-Jacobs (U17), C. Colegate (U17), G. Sheppard (49.01)}; 4x400m3. {K.Galley, A.De Matos, J.Jones (U17), C.Crouser (4 '6.97)}.

#### **May 23rd. Loughborough International**

100m Tremayne Gilling (10.34). 400m Hurdles Ed. Harrison (53.27). 3000m 8. M. Skinner (8'11.38); 17. J. Poole (8'32.65). Hammer 1.S.Hitchin (2<sup>nd</sup> claim) (65.93m); A. Jordan (60.18m). Ljump 5.L.Ugen (5.89m). 400m D. Putnam (guest) (49.14). 200m F. Foster (guest) (25.09).

**May 26th BMC Regional Races, Eltham.** 100m (race 4) 2. S. Williams u13 (13.73)- 3. J. Elliott u13 (14.13)- 6. S.Rowbotham v40 (15.39); 400m (race 1) 1.L.Smallwood (48.93)- 3. F.Olowade (50.24)- (race 2) 2. L.John u17.(1'00.2); 800m (race 5) 5. E. Nolan (2'26.74)

#### **May 30/31st CAU Inter Counties Champs, Bedford.**

*Men.* 400m ?B. Barikor (49.59); 5000m 2. A. Bruce-Littlewood (14'55.24); Pvault 5. S. Huggins (4.90m); Hammer 8. A. Jordon (58.67m) *Women.* 200m (heat 2) 6. A. Godsell (24.74); 400m (heat 2) 3. F. Foster (55.90)- (heat 5) 5. R. Syrioki (59.79); 800m 5. E. Murty (2'13.45); 1500m 6. B. Proctor (4'38.64); 3000m s/chase 5. S. Henry (12'02.77); Discus 4. S. Brown (43.39m); Pvault 3. E. Hughes (3.60m)- 7. R. Arnheim (3.40m); Shot 3. S. Brown (14.13m)



### **May 31st. Kent Young Athletes League. Erith Stadium**

**U13 Girls.** 75m A.5. H.Lloyd (11.6)- B.2.G. Cain (11.2); 150m A. 5. R. Courtney (22.6)-B. A. Andrews (24.1); 600m A. 3. E. Ibidunni (1:59.5)-B. R. Blunn (2:07.6); 1000m A.3.S.Riskey (3'32.9)- B. 1.I.Vowles (3'35.7); 70m Hurdles A. 2.R.Courtney (14.3)-B. 2. S. Riskey (14.7); 1200m Walk 3. S. Riskey (8'21.2); Hjump A. 1. T. Orelasa (1.28m)-B.1.S.Jones (1.28m); Ljump A.1.M.Bruney (4.41m)-B. 1. A. Duffass (3.20m); ShotA.2.B.Hollett(7.30m),B.1.R.Courtney(5.47m); DiscusA. 1.M.Bruney(16.79m)B.1.B.Hollett(15.40m); Javelin A. 4. B. Hollett (10.35m); 4x100m 3. T. Orelasa, G. Cain, H. Lloyd, A. Duffass (60.1). **U15 Girls.** 100mA1.S.Hylton (12.9)-B.1.A.Hurlock (13.4); 200m A. 2. C. Hylton (27.3)-B.1.A.Bryan-Isaacs (28.2); 300m A.1.H.Fletcher (44.4)-B.1. E.Waugh (46.9); 800m A.4.L.Sidey (2'40.4)-B.1. A. Myers (2'46.7); 1500m A.3.S.Leighton (5:29.1)-B. 3. I. Jackson (5'43.0); 75m Hurdles A. 2. O.Ogbeta (13.7)-B.1.S.Hylton (13.0); Hjump A.1.S. Clarke (1.50m)-B.1. A.Wheelwright (1.45m); Ljump A.2.S.Cordell (4.58m)-B.1.E.Syron-Russell (4.35m); Shot A. 4.A.Bryan-Isaacs (6.58m)-B.4.S.Cordell (5.76); Discus A.5.S.Cordell (13.13m)-B.4.C. Hylton (9.05m); Javelin A.1.A. Hurlock (19.66m)-B.2.O.Ogbeta (9.34m); 4x100m 1st(C.Hylton,V.Olatunji, O.Ogbetak S. Hylton (52.2)).

### **May 30th South of England U15/17 Champs. Ashford**

**Womens U17.** 100m (heat 2) 4.G.Middleton (12.71)- 7. C. Colegate (13.22)- F. 4. G. Middleton (12.63); 200m (heat 1) 3. G. Middleton (27.06)- (heat 2) 4. A. Lalemi-Jacobs (26.71)- (heat 3) 5.C.Colegate (27.45)- Final 6 A. Lalemi-Jacobs (26.66); 300m (heat 2) 1. R. Dickens (40.29)- Final 1.R.Dickens (39.31); 1500m 12. A. Reed (5'16.84); 300mH (heat 1) 2.R.Jones (46.31)- (heat 2) 8. R.Giannini (54.97)- Final R. Jones (*dns*); Pvault 4.A.Huggins (2.80m); Ljump 7.L.Stevens (5.18m)-12. F.Reed (4.66m)- 16. J.Moore (4.62m); Tjump 5.F.Reed (10.22m); Discus 4.E.Penny-Duffy (32.63m). **Mens U17.** 400m A string (heat 1) 5.J.Oyedele (53.40) – (heat 2) 3.J.Pettet (51.74)- B string 3. J.Pettet (50.89); 800m A (heat 2) 7.R.Yates (2'07.33); 1500m 12. G. Proctor (4'27.32). **U15 girls** 100m A.(heat 1) 1.D.Asher-Smith (12.53)- Final 1.D.Asher-Smith (12.41); 200m (heat 2) 1.D.Asher-Smith(25.39)-Final1.D.Asher-Smith(24.92); 800m5.H.Fletcher(2'32.18); 1500m6.S.Salih (4'54.65); Hjump 6.S.Clarke (1.50m); discus 4.V.Sofalarin (29.92m) **U15 boys.** Shot 3.D.Hollett (12.01m); Discus 11.D.Hollett (24.05m)

**June 1st Tonbridge Open, Avril Browning Memorial Series.** 400m (mixed/race 2). 3. M. Southwart (1'02.34); 800m (race 5) 2. L. Smallwood (1'56.25); 3000m 4.G. Bishop (10'00.7)

**June 2<sup>nd</sup> Watford Open.** 1500m (race 16) 4. P.Sessemann (3'54.05)

**June 5th European Cup 10,000m, Marseilles.** 13. M.Skinner (29'44.75)

### **June 5th. BAL National 1st Division. Senior Men. Cardiff**

100m A.3.F.Sobodu (10.84)-B. 5. D. Haque (11.03)-100m (Non scoring) (Heat 1).1. F. Owalade (10.96); 200m A.7. D.Haque (22.36);B.3.F.Owolade (22.05); 400m A.4.D.Putnam (48.24)- B.1.B.Barikor (48.59); 800m A.7.R.Bentley (1'57.44)- B.4.P.Seseman(1'55.43); 1500mA.3.R.Bentley (3'50.81); 4x100m3rd place.(43.00); 4x400m 4.(3'14.71); Hjump A. 3.L Ely (1.95m)- B. 5. A. Pope (1.70m); PVault A.1.S. Huggins (4.90m)- B. 1. N. Quiney (4.60m); Ljump A.1. J.Olasan (7.06m)- B.5.D.Willis (5.74m); Tjump A.7. D.Willis (12.11m)- B. 6. D. Haque (11.85m); Shot A.8.A.Pope (9.79m)- B.8.R.Al-Ameem (9.46m); Discus A.7.A.Pope (38.84m)- B. 7.R.Al-Ameem (24.07); Hammer A.3.A.Jordan (59.81m)- B.5.R.Al-Ameem (41.89m); JavelinA.6.A.Pope (46.85)- B.8. D.Willis (28.50m).

### **June 5<sup>th</sup> Southern Men's league Division, Div 2, Twickenham.**

**A string.** 100m 2. K. Daly (11.2); 200m 2. N. Francis (23.6); 400m 1. A. Campbell (52.2); 800m 1. D. McKinley (2'01.1); 1500m 4. W. Foster (4'33.2); 5000m 4. D. Griffin (18'57.2); 400mH 1. B.Parkins (56.2); 3000m S/chase 4. T.Ayres (12'33.8); Hjump 4. C. Daniel (1.00m); Pvault 1. A. Hardy (2.80m); Ljump 4. C. Daniel 4.85m); Tjump 5. T. Ayres (9.89m); Shot 4. E.Zorro (10.40m); Discus 5. E. Zorro (18.90m); Hammer 5. T. Ayres (16.47m); Javelin 4. C. Daniel (11.67); 4x100m 1<sup>st</sup> BBHAC (45.5); 4x400m 1<sup>st</sup> BBHAC (3'35.1) **B string.** 100m 2. A. Jalaoso (11.3); 400m 1. A. Blair (52.4); 800m 3. R. Yates (2'08.1); 1500m 4. S.Jackson (4'42.1); 400mH 1. J.Clarke (63.6); 3000m S/chase 4. C Daniel (14'18.2); Hjump 4. T. Ayres (1.00m); Ljump

3. T. Ayres (4.74m); Tjump 4. C. Daniel (9.74m); Shot 5. D.Griffin (5.49m); Discus 5. D. Griffin (15.63m); Hammer 4. C. Daniel (11.67m); Javelin 4. T. Ayres (28.45)

**June 5th UK Women's League Division 1. Alexander Stadium, Birmingham**

100m A. 4. A. Shand-Whittingham (12.07)- 7. G. Sheppard (12.91) ; 200m A.6.V.Namwanga (26.23)-B. Serita Solomon (25.23) ; 800m A. 8. M.Fewster (2'33.66)- B. 7. J. Bradshaw (2'37.61) ; 1500m A. 2. E. Murty (4'31.04)- B.5.S.Henry(4'57.92) ;3000mA.7.J.Bradshaw (11'00.65)-B.6.M.Fewster(11'48.02) ;100m Hurdles A. 1. S. Solomon (14.10)- B.7.R. Smith (20.76) ;400m Hurdles A. 4. K. Cosby (60.94)- B.7. M.Kane (85.72) ; 2000m S/ChaseA.4.R.Smith(8'27.79)-B.2.M.Kane(8'53.94) ;DiscusA.3.S.Brown(47.56m)- B.3.S.Milner (42.51m) ;Hammer A.7.S.Brown (41.86m)B.7.E.Hughes(24.43m) ;HjumpA.7.R.Arnheim(1.45m); Javelin A 8. F. Athawes (28.37)- B. 8. C. Wickham (19.72m) ; Ljump A. 8. L.Blackie (5.10m) ; B. 8. I.Ivy (4.50m) ; Pvault A| 5. E.Hughes (3.60m)- B. 2. R.Arnheim (3.40m) ; Shot A. S.Brown (13.37m)- B.3. S.Milner (10.57m) ; Tjump A. 6. L. Blackie (11.32m)- 5. B. Ivy (9.62m) ; 4x100m 2<sup>nd</sup> (47.1) ; 4x400m 8th (4'10.90)

**June 6th SCVAC Track and Field Champs, Ashford.**

100m. M50.2.C.Leon(13.39)- M55.3.T.Phillips(13.12) ; 200m M50.2.C.Leon(27.35)-W45 1.M.Miller (30.28) ; 400m M50 1.C.Leon (1'02.28) ; 800m M55.1.K.Daniel (2'24.60) ; 3000m walk M65 1. P. Hannell (17'46.53) ; Ljump M50 3.C.Leon (5.16m) ; Javelin M50 1.S.Langdon (49.09m)- M70 1.C.Brand (34.22m) ; Discus M70 1. C. Brand (30.26m) ; Shot M701.C.Brand (10.25m) ; Hjump M50 2.C.Leon (1.55m) ; Pvault M55 1.A.Williams (3.55m) ; Tjump M50 2.C. Leon (10.29m)

**June 7th Athletica Geneve EAP.** 100m D.Grant (10.63) ; 200m D.Grant (21.65)

**June 12th. Kent School Games, Ashford.** (all athletes appeared for Bromley)

Inter Girls 80mH 1.Rhiannon Jones (12.00); 300mH.3.Rhiannon Jones (46.63) ;100m (heat 1)2.Ayoni Williams (13.34)-5.Rhianna Amoah-Williams (13.82)-(heat 2)1.Amara Lalemi-Jacobs(12.63);200m 2.Charlotte Colegate (26.70)- F.2.Charlotte Colegate (26.29); 800m 4. Jessica Jones (2'23.13) ;1500m 7. Hope Stenning (5'23.39) ; 3000m 1.Amber Reed (11'43.94) ; Discus 2.Eleanor Dumper (28.24m) ; Tjump 1.Laura Stevens (11.12m) ; Shot 4. Eleanor Dumper (8.28m) ; Ljump 4.Jessica Moore (4.54) Junior Girls 100m (heat 2) 1. Dina Asher-Smith (12.33)- (heat 3) 2.Aine Hurlock (13.60) ;100m 1.Dina Asher-Smith (12.21); 200m (heat 1) 1. Dina Asher-Smith (25.51)-4.Oshuwa Ogbeta (28.18)-F.1.Dina Asher-Smith (24.73)- 6.Oshuwa Ogbeta (28.71); 800m 2. Holly Fletcher (2'25.89)-7. Janae Galley (2'36.33);1500m 2. Kate Curran (4'58.34)- 6. Sam Leighton (5'21.44)- 7.Lucy Sidey (5'23.24);75mH (heat 1) 4. Aine Hurlock (12.48) ; Ljump 6. Shannon Cordell (4.45m); Hjump 2. Shannon Clarke (1.53m)- 4. Alex Wheelwright (1.53m) Inter Boys 100m (heat 1) 3. Rueben Fakoya (11.65); 200m (heat 3) 2. Reuben Fakoya (23.51)- F.7.Rueben Fakoya (23.62); 400m (heat 1) 1.Jon Pettet (51.47) – F. 1. Jon Pettet (51.29); 1500m 5. G. Proctor (4'22.54)

**June 12th Watford Grand Prix, BMC.**800m (race G) 5.B.Harding (1'54.0) - (race I) 6. R. Bentley (1'58.31) ; 1500m (race C) 5.M.Skinner (3'47.4)- women (race B) 15.B.Proctor (4'37.84).

**June 12th Asics Gouden Spike, Leiden.** Pvault 4. S. Huggins (5.10m)

**June 12/13 SEAA U20/Senior Champs, Crystal Palace.**

Sen Men. 100m. (heat 1) 1.T.Gilling (10.50)- 3. F. Olowade (10.80)- (heat 2) 6. D. Bovell (11.01)- (heat 3) 6. J. Alexander (11.14)- (SF1) 1.T.Gilling (10.37)- (SF3) 5. F. Olowade (10.64)- (F) 1.T.Gilling (10.44); 200m (heat 4) 3. J.Alexander (22.47)- (heat 5) 5. D. Bovell (22.96)- (heat 6) 4. D. Haque (22.86)- (SF3) 4. J. Alexander (22.06) ; 400m (heat 1) 4. A. Wilson (49.13)- 6. A. Blair (52.50)- (heat 3) 2. B. Barikor (49.19)- (SF1) 2. B. Barikor (48.39)- (SF2) 3. A. Wilson (48.28)- (F) 3. B. Barikor (48.34)- 4. A. Wilson (48.65) ; 400mH (heat 2) 2. E. Harrison (54.15)- 7. R. Holt (1'02.15)- (F) 6. E. Harrison (54.33) ; Hjump 3. L. Ely (1.95m) ; Pvault 8. N. Moore (3.80m) ; Hammer 4. A. Jordon (57.18m). Sen Women. 100m (heat 2) 4. S. Solomon (12.18)- (heat 3) 2. A. Godsell (11.85)- (F) 7. A. Godsell (12.07) ;200m (heat 1) 1. A. Godsell (24.95)- (F) 3. A. Godsell (24.95) ; 400m 5. V. Nakangu (58.83) ; 800m 2. E. Murty (2'12.89) ; 1500m 3. E. Murty (4'30.53) ; 100mH (heat 1) 1. S. Solomon (13.96)- (F) 1. S. Solomon (13.97) ; 2000m s/chase 3. S. Henry (7'14.84) ; Pvault 2. E. Hughes (3.60m)- R. Arnheim (npr) ; Tjump L Blackie (npr) ; Shot 2. S. Brown (14.29m) ; Discus 1. S. Brown (47.08m) ; Javelin 9. S. McGuire (35.95m).U20 Men. 100m (heat 1) 4. K. Daly (11.32)- (heat 2) 7. E. Zorro

(11.73)- (heat 5) 6. D. Coelho (12.06)- (SF1) 5. K. Daly (11.37) ; 200m (heat 1) 3. R. Pocklington (22.46) (dns SF) ; 400m (heat 1) 3. A. Campbell (50.19)- (heat 3) 2. D. Putnam (49.66)- (F) 1. D. Putnam (47.77)- 8. A. Campbell (49.77) ; 1500m (heat 1) 4. P. Sesemann (4'09.25)- (F) 4. P Sesemann (3'57.89) ; 11mH (heat 3) 3. B. Hopkins (15.26)- (F) 7. B. Hopkins (15.89) ; 400mH (heat 1) 2. B. Hopkins (55.02)- 5. B. Parkin (58.33)- (F). 3.B. Hopkins (54.54) ; Pvault 2. M. Longhurst (4.10m) ; Ljump B string 1. J.Olasan (7.53m) ; Hammer 1. A. Jordon (66.95m) U20 Women 100m (heat 1) 5. G. Sheppard (12.96)- (heat 2) 2. L. Ugen (12.40)- (F) 3. L. Ugen (12.36)- 7. G. Sheppard (13.28) ; 100m H. (heat 2) 5. M. Southwart (15.64)- (F) 7. M. Southwart (15.82) ; 400mH (heat 2) 2. K. Crosby (1'03.28)- (F) 1. K. Crosby (1'00.41) ; Pvault 4. C. Moore (3.00m) ; Ljump 1. L. Ugen (6.15m) ; Shot 1. S. Efiannayi (12.39m).

#### **June 14th SCVAC League, Kent Division 1, Ashord.**

W35. 200m. A string. 2. M. Miller W45 (29.1)- 2. S. Rowbotham W40 (30.7);1500m A string 4. B. Davey W40 (5'24.3)- B string 2. J.Eastbury (5'51.0) ; 4x 400m Relays. 1st place. (M. Miller, S. Rowbotham, J. Montgomery, C. Nyamusi (4'36.6)) ; Hjump 2. C.Nyamusi W40 (1.30m) ; Shot 2. B. Terry (7.34m) ; Javelin 5. A. Cilia W50 (11.29m) ; W50.200m 1. H.Godsell W55 (30.3);1500m 3.A.Cilia (6'22.0) ; Hjump 5. A.Cilia (0.95m) ; Shot 1. B.Simpson W50 (7.40m) ; Javelin 1.B.Simpson (19.08) W60 200m 5. M. Turner (46.7m) ; Javelin 1.B.Terry W60 (17.80m) Ladies team 2<sup>nd</sup> with 68 points. M35. 200m A string. 5.A.Stocks (29.2)- B string. 5.A.Hardy M50 (33.8) ; 1500m A. 2. M De Freitas (4'31.0)- B. 2. R.Hall (4'48.0) ; 4x400m Relays 3rd place. (M.De Freitas, R.Hall, C.Leon, A.Stocks (4'04.3)). M35 Hjump 4. A. Hardy M50 (1.10m) ; Shot 3. M. Van Den Dobbelsteen M40 (9.36m) ; Javelin 1. M.Van Den Dobbelsteen (45.12m) ; M50 200m 2. C. Leon (26.4) ; 1500m 3. K.Daniel M55 (4'51.2) ; Hjump 2. C.Leon (1.55m) ; Shot 5.C.Brand M70 (7.49m) ; Javelin 1. S. Langdon M50 (44.12m) ; M60. 200m 2. R.Brown (28.9) ; Hjump 2. J. Robinson M65 (1.20m) ; Javelin 1.C. Brand M70 (31.72m)

**June 19/20th Aviva U23 & U20 Champs, Bedford International Stadium.**Ljump 1.LUgen (6.42m)

**June 20th South West Vets Track & Field Champs, Exeter Arena.** M60 100m 1.R.Minting (14.1) ; 400m 1.R.Minting (58.6); 800m 1.R.Minting (2'11.3); 5000m 1.P.Hamilton (19'38.9). M65 5000m 2. C.Woodcock (22'18.1).

**June 23rd Kent 3k and 10k Champs, Dartford** 3000m (U/20 w) 1. M.Fewster (11'40.4) ; 10000m (Sen M) 1. P.Tucker (33'32.1)

**June 23rd BMC, Eltham.** 800m (mixed) 9. K. Daniel (2'26.3) ; 1500m (race F) 8. R. Yates (4'19.0)- 12. K. Ewing (4'32.7)

#### **June 25th Aviva European and UK Championships, Alexandra Stadium, Birmingham**

Men.100m (heat 5) 2. J. Alaka (10.5)- (heat 7) 2. T. Gilling (10.55)- (SF1) 5. T. Gilling (10.61)- (SF2) 4. J. Alaka (10.62) ; 400m (heat ?) 6. D. Putnam (47.9); 5000m 7. M. Skinner (14'21.07) ; 400mH (heat 4) 7. E. Harrison (DNF) ; Ljump 10. J. Olasen (7.12m) ; Pvault 9. N. Quincey (4.90m). Women 100m (heat 1) 3. A. Shand-Whittingham (11.92)- (heat 2) 2. M. Douglas (11.86)- (heat 3) 5. A.Godsell (12.12)- (SF1) 6. M. Douglas (12.04)- (SF2) 7. A. Shand-Whittingham (12.26) ; 5. S.Echel Thompson *Phoenix AC* (50.26) ; 1500m 12. E. Murty (4'24.13) ; 5000m 17. B. Proctor (17'12.19) ; Ljump 4. L. Ugen (6.29m)

#### **June 26th. Southern Men's League.**

A string.100m 3.Brund (12.3) ; 200m 4. Brund (25.2) ; 800m 3. J. Poole (2'01.7) ; 5000m 2. R. Hall (16'12.0) ; 3000m s/chase 4. R. Hall (12'14.9); 400mH 4. C.Daniel (1'12.6); 4x100m 4th place BBHAC (50.6) ; Pvault 1. N.Moore(3.90m) ; Hjump 3.H.Rogers (1.80m) ; Tjump 5. A.Stockdale (10.80m) ; Shot 5. M. Van Dobbelsteen (8.96m) ; Discus 5. M.Van Dobbelsteen (27.23m) ; Hammer 5.J.Robertson (11.91m) ; Javelin 5. C. Daniel (10.2). B string. 100m. 4.A.Stockdale (13.2) ; 200m 5.A.Stockdale (26.7) ; 400m 3. R. Braden (56.9) ; 800m 3. J.Dorling (2'03.2) ; 1500m 3. R. Braden (4'31.5); 5000m 3.J.Darling (18'17.8) ; 400mH 4. R. Hall (1'24.6) ; 4x400m 3rd BBHAC (3'40.6) ; Pvault 3. R. Holt (2.20m) ; Hjump 5.C.Daniel (1.00m) ; Ljump 4. R.Braden (3.94m) ; Tjump 5.C.Daniel (9.83m) ; Shot 5. A.Stockdale (6.81m) ; Discus 4.R.Holt (21.05m) ; Hammer 3.V.Cordell (11.01m); Javelin 5. A.Stockdale (4.26m)

**June 29th. BMC, Exeter.** 1500m (race F) 4. R. Minting *v60* (4'47.7)

**June 30th BMC Watford** 800m (Men race B) 6. A. Bruce-Littlewood (1'53.58) ; 1500m (Women) 7. B. Proctor (4'33.79)

### **Club Championships meetings, Norman Park**

**May 26th.** 10,000m 1.Glen Turner (36'16.8)- 2.David Beadle (38'36.1)-3.Brendan McShane(39'26.6)-.4. Andy Lawes (41'22.8)-5.Adrian Stocks (42'14.9)-6.David Carton(42'15.9)-7.Justine Eastbury (44'03.1)- 8. John E. Turner (44'05.5)- 9.Carolyna Jones Baldock (44'13.4)-10.Ian Swatton(45'32.8)-11.John Fenwick (48'07.6)-12. Maz Turner (59'07.2).

**June 9<sup>th</sup>** *U17W.* 300m1.Rhiannon Jones (48.0); 2. Rachel Robinson (49.0); 3.Lauren Stevens (49.7); 4.Rachel Giannini (53.9). *U20W.* 400m Hurdles Chelsea Crouser (69.5). *U13G.* 150m 1.Tanya Saruchera (23.9 (guest); 2.Shannon Risky (23.9). *U15B.* 200m 1.Matthew Murugaiah (26.5)- 2.Tom Oxley (27.2)- 3. Sam Wills (28.7)- 4. Tom Cogan (30.0). *U15G.* 200m (Heat 1)1.Maya Bruney (U13) (26.9)- 2. Oshuwa Ogbeta (28.7)- 3. Lana Andrews (30.1)- 4. Rebecca Pettet (33.0).(Heat 2) 1. Shannon Hylton (26.2)- 2.Aine Hurlock (28.2)- 3.Leah McDonald (28.4)- 4.Laura Pettet (31.1)- 5.Samantha Leighton (31.9).(Final) 1. Shannon Hylton (25.8)- 2. Maya Bruney (U13) (26.4)- 3.Aine Hurlock (28.4)- 4.Oshuwa Ogbeta (28.6)- 5.Lana Andrews (30.8). *U17M.* 200m 1. Jonathan Pettet (23.3)- 2. Reuben Fakoya (23.8)- 3. James Allen (24.2)- 4. Joshua Oyedele (24.3)- 5. Luis John (25.5)- 6.Ayodeji Adelagun (26.5)- 7.Bruno Myszka-Reder (26.9). *SW/MW/U17W.* 200m 1. Rachel Dickens (U17W) (25.6)- 2.Victoria Munt (U17W) (28.3)- 3.Jenny Paxton (W50)(42.8)- Maz Turner (W60)(45.3). *SM/MM.* 200m 1. Clem Leon (M50) (27.2)- 2. Adrian Stocks (30.5)- 3. Andrew Lawes (M50) (34.1)- 4. John Turner (M60) (34.7). *U15B/U15G/U13G.* Mile1.William Fuller (U15B) (5'20.8)- 2.Kate Curran (U15G) (5'28.6)- 3. Matthew Murugaiah (U15B) (5'45.7)- 4.Thomas Desborough (U15B) (5'50.7)- 5.Josh Chambers (U15B) (5'51.8)- 6. Lucy Sidey (U15G) (5'52.6)- 7.Samantha Leighton (U15G) (5'55.5)- 8.Tom Oxley (U15B) (5'58.8)- 9. Tom Colgan (U15B) (6'06.3)- 10.Shannon Risky (U13G) (6'37.3). *SW/MW/U20W/U17W.* Mile. 1 Amy DeMatos (U20) (5'33.3)- 2. Amber Reed (U17W) (5'34.8); 3.Michelle Fewster (U20W) (5'36.4); 4.Jane Bradshaw (W35) (5'37.4);5.Jessica Jones (U17W) (5'38.4); 6.Clare Parkin (U20W) (5'53.3); 7.Rebecca Smith (U20W)(6'06.6); 8. Jenny Paxton (W50) (8'26.1); 9. Maz Turner (W60) (8'39.1). *SM/MM/U20M/U17M.* Mile 1. Stephen Cavey (U20) (4'36.7)- 2. Ian Frith (SM) (4'44.6)- 3. Rob Yates (U17M) (4'46.9)- 4. Jonathan Halls (U20M) (4'51.3)- 5.Sam Jackson (U17M) (5'08.8)- 6.Thomas Greenhill(U17M) (5'12.8)- 7.Bob Minting (M60) (5'13.3)- 8.Cliff Keen (M50) (5'26.8)- 9.Adrian Stocks (5'55.5); 10.Andy Lawes (M50) (6'02.9)- 11. John Turner (M60) (6'28.9) ; Shot Colin Brand (M70) (10.46m).- Dave White (M60) (6.06m).-Mike Van Den Dobblessteen (M40) (9.14m)- Daniel Hollett (U15B) (11.63m). (U17W) 1.Ellie Duffy-Penny ((9.26m)- 2. Ellie Dumper (8.12m). Brooke Hollett (U13G) (7.23m). ;Discus Colin Brand(M70) (32.24m). Mike Van Den Dobblessteen (M40) (28.05m). (U15B) 1.Niyaz Choudhury (30.21m); 2. Daniel Hollett (28.75m).(U17W)1.Ellie Duffy-Penny (33.10m); 2. Ellie Dumper (25.53m).Yemisi Sofolarin (U15G) (30.55m). Brook Hollett (U13G) 17.72m) ;High JumpClem Leon (M50) (1.55m). Harry Rogers (U20M) (1.60m). (U15B) 1. Richard Webb (1.30m); 2. Matthew Murugaiah (1.20m); 3. Tom Okley (1.15m). Jessica Moore (U17W) (1.35m).(U15G) 1.Shannopn Clarke (1.45m)- 2. Alex Wheelwright (1.40m)- 3. Samantha Leighton (1.20m). Sophie Jones (U13G) (1.20m) ;Triple Jump Clem Leon (M50) (9.70m). (U17M) 1. Reuben Fakoya (11.21 m)- 2. James Allen (10.77m). (U15B) 1. Sam Wills (8.97m)-2. Thomas Desborough (8.30m). (W40) Caroline Nyamusi (8.74m). (SW) Hayley Nouch (10.78m). (U17W) 1. Lauren Stevens (10.60m)-2. Jessica Moore (10.02m).

## **Triathlon & multi-discipline**

### **June 27th The Blackheath and Bromley Virgins Knee Trembler Duathlon**

1. Dave Beadle (1: 25'14)- 2. Mark Ellison (1:36'08)- 3.Kate Pratten (1:33'15)- 4. Julie Reynolds (1:34'08)- 5.Anne Cilia (1:38'22)- 6.Will Slack (1:41'03)- 7.Justine Eastbury (1:41'59)-8.Steve Hollingdale (1:46'23).